

Nutrition Services

Nutrition Services is an essential link in accomplishing the mission of the Macomb County Health Department to improve, promote, and protect the personal health of our residents and our community.

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The Macomb County Health Department will not discriminate against any individual or group on the basis of race, color, religion, national origin or ancestry, age, sex, marital status or handicap.



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The Macomb County
Health Department

Directory of Nutrition Services



Promoting Nutrition
and Health in
Macomb County



Telephone:
586-412-3396

Directory of Nutrition Services

Nutrition effects health from conception through the senior years. A broad range of nutrition interventions and community wide health promotion and prevention services are available to Macomb County residents, community groups, health department staff, schools, and allied health professionals. Services are designed to:

- Prevent chronic disease such as adult onset diabetes, heart disease, and cancer
- Decrease infant morbidity and mortality
- Promote optimal growth and weight in infants, children, and adolescents
- Prevent childhood obesity and type 2 diabetes
- Meet the nutrition needs of the senior population
- Provide education and referral services for the nutrition needs of high-risk residents

Working to improve the
health status of Macomb
County residents.

Nutrition Programs and Services

- Healthy Habits for Happy Kids—Childhood Obesity Prevention Program
- Moving in Macomb Program—Promoting healthy nutrition and physical activity among Macomb County children and their families
- Healthy Lifestyles and Disease Prevention Program— Nutrition, exercise, and behavior modification to promote long term behavior changes for a healthier life
- Senior Nutrition Education, Support, and Referrals
- Prenatal Nutrition Education
- High Risk Infant Home Visits
- Breastfeeding Education and Support Services
- Public Health Nursing Support
- Infant Nutrition Education
- Type 2 Diabetes Prevention Education
- Nutrition displays and materials can be provided free of charge for your community event or organization



Community Presentations



A variety of nutrition presentations are available to community groups, health professionals, schools, and worksites at no cost. Topics include:

- The New Food Guide Pyramid
- Special Nutrition Needs for Seniors
- Good Nutrition for Infants and Toddlers
- Nutrition and Fitness for Healthy Living
- Adult Obesity Prevention
- Prenatal Nutrition Needs
- Preventing Type 2 Diabetes
- Nutrition for a Healthy Heart
- Women's Health Needs
- Understanding Good and Bad Fats
- Healthy Eating Away from Home
- Vitamin and Mineral Supplementation
- Understanding the Food Label

Additional Topics Available Upon Request

For further information or to schedule a presentation call 586-412-3396 or email: kathy.peet@macombcountymi.gov